

# **Oregon Masters Swimming**

## **OMS Coach at the XI FINA World Championship Meet**

### **Head Coach:**

- OMS will supply a qualified swimming coach, to assist all OMS-registered swimmers, at the XI FINA World Masters Championships at Stanford University in August 2006 if 15 or more OMS-registered swimmers plan to attend.
- OMS will pay this coach a stipend upon his or her satisfactory completion of all responsibilities.
- OMS will reimburse this coach for reasonable expenses related to travel, lodging, and team communications.

### **Assistant Coach:**

- OMS will supply a qualified Assistant Coach for this meet if 40 or more OMS-registered swimmers plan to attend. The Assistant Coach shall share the coaching responsibilities listed below as determined by the Head Coach.
- OMS will pay this coach a stipend upon his or her satisfactory completion of all responsibilities.
- OMS will reimburse this coach for reasonable expenses related to travel, lodging, and team communications.

### **Qualifications:** The OMS Coach(s):

- Is currently coaching a USMS registered club or OMS local team.
- Has extensive knowledge of swimming technique.
- Has demonstrated ability to work effectively with athletes of all masters ages & abilities in a competitive environment.
- Has demonstrated ability & willingness to perform similar responsibilities, through either the OMS Host Coach program or the USMS On-Deck Coach program.
- Has demonstrated appropriate organizational skills.
- Has an enthusiastic & positive demeanor.

### **Responsibilities:** The OMS Coach(s) shall:

- Prepare & send a pre-entry letter or e-mail to all OMS swimmers planning to enter the meet, outlining the details of coaching assistance & soliciting information for the development of relay lineups.
- Attend the Swimming Technical Meeting if possible. If unavailable, the Coach shall designate a person to represent OMS and report back to coach.
- Develop relay lineups and enter them in a timely manner [see OMS policy on reimbursement for relays at national meets].
- Designate an OMS seating area & hang the OMS banner.
- Offer guidance & splits during warm-up to those who desire it.
- Offer pre-race guidance & post-race comments throughout the meet to those who desire it.
- Offer encouragement as needed.
- Serve as advocate for OMS swimmers regarding protests & administrative problems.
- Distribute a brief evaluative survey to swimmers at or after the meet.
- Prepare a written report on the Meet for the OMS Board, including pertinent information from the meet, results of the evaluative survey, and recommendations for future coaching assistance.
- Behave in a professional manner at all times.

### **Selection:**

- Applicants for these positions will apply by sending a completed application to the OMS Board Chair before the application deadline.
- The OMS Board will review the applications, and select and notify the Coach promptly.
- The selected Coach will sign an agreement with the OMS Board to perform the listed responsibilities.

**Oregon Masters Swimming**  
**Application for OMS Coach at the XI FINA World Masters Championship Meet**

**Meet:** XI FINA World Masters Championships, Stanford University, Palo Alto, CA

**Dates:** August 4-11, 2006

**Deadline:** Application received no later than December 15, 2005.

**Selection:** Coach(s) selected at the OMS Board Meeting, January 25, 2006.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (h): \_\_\_\_\_ Phone (w): \_\_\_\_\_ Phone (c): \_\_\_\_\_

E-mail (required): \_\_\_\_\_ Fax: \_\_\_\_\_

1. Which OMS Local Team or Club are you currently coaching?
2. List all qualifications you would like to be considered in applying for this position (education & swim coaching certification level, experience, achievement & awards, etc.):
  
3. List all experience you have coaching in a similar situation (for example, the OMS Host Coach or USMS On-Deck Coaching programs, All Star, Zone or National Team Coach):
  
4. List the qualities and strengths that will make you successful in this position:
  
5. Why do you wish to be selected to this position?
  
6. If selected, are you prepared to fulfill all of the responsibilities listed on the attached sheet?

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Please return your completed questionnaire by the above deadline to:

Jody Welborn, OMS Board Chair

6687 SW Canyon Dr., Portland, OR 97225

Phone: (503) 297-5889

E-mail: [jowelb@teleport.com](mailto:jowelb@teleport.com)